

## CREDITING TOFU AND TOFU PRODUCTS

Commercial tofu and tofu products must meet two criteria to credit as meat alternates in the National School Lunch Program (NSLP) and School Breakfast Program (SBP). They must be easily recognizable as meat substitutes, such as tofu burger or sausage, and the tofu ingredient must contain at least 5 grams of protein in a 2.2-ounce serving by weight (¼ cup volume equivalent).

### COMMERCIAL TOFU

For commercial tofu, the Nutrition Facts panel indicates whether the product meets the minimum requirement of at least 5 grams of protein in a 2.2-ounce serving by weight. The following steps show how to calculate this information using the sample Nutrition Facts panel below.

**Step 1 – Determine the grams of protein per ounce using the manufacturer’s serving size.** Divide the total grams of protein per manufacturer’s serving (A) by the manufacturer’s serving size in ounces (B).

**Step 2 – Determine the grams of protein in 2.2 ounces.** Multiple the grams of protein per ounce (C) by 2.2 ounces.



|  |     |
|--|-----|
| A. Grams of Protein per Serving:<br>(From Nutrition Facts panel)         | 9   |
| B. Manufacturer's Serving Size (Ounces):<br>(From Nutrition Facts panel) | 3   |
| C. Grams of Protein per Ounce<br>(DIVIDE A BY C):                        | 3   |
| D. Grams of Protein in 2.2 Ounces<br>(MULTIPLY C BY 2.2):                | 6.6 |

This product contains 6.6 grams of protein in 2.2 ounces, which exceeds the minimum requirement of 5 grams. Therefore, a 2.2-ounce serving of this product provides 1 ounce equivalent of meat alternate. To credit as a meat alternate, the product must also be easily recognizable as a meat substitute.

### COMMERCIAL PRODUCTS MADE WITH TOFU

For commercial tofu products, the tofu ingredient must contain 5 grams of protein in 2.2 ounces to credit as 1 ounce equivalent of meat/meat alternates. Menu planners cannot use the Nutrition Facts panel to determine whether commercial tofu products meet this requirement. The Nutrition Facts panel shows the total amount of protein in the food, not the amount of protein in the tofu ingredient. To credit tofu products in school nutrition programs, menu planners must obtain a product formulation statement that indicates the amount of protein in the product per serving. For more information, see the Connecticut State Department of Education’s (CSDE) handout, [Product Formulation Statements](#).

| Nutrition Facts  |                      |
|--|----------------------|
| Serving Size 3 oz. (85 g)  |                      |
| Servings Per Container about 5   |                      |
| Amount Per Serving   |                      |
| <b>Calories</b> 90   | Calories from Fat 45 |
| % Daily Value*   |                      |
| <b>Total Fat</b> 5 g   | <b>8%</b>            |
| Saturated Fat 0.5g   |                      |
| Trans Fat 0g   |                      |
| <b>Cholesterol</b> 0mg   | <b>0%</b>            |
| <b>Sodium</b> 15 mg  | <b>1%</b>            |
| <b>Total Carbohydrates</b> 2g  | <b>1%</b>            |
| Dietary Fiber 0g   |                      |
| Sugars 0g  |                      |
| <b>Protein</b> 9 g   |                      |
| Vitamin A 0%   | Vitamin C 10%        |
| Calcium 0%   | Iron 10%             |
| * Percent Daily Values are based on a 2,000-calorie diet. Your Daily Value may be higher or lower depending on your calorie needs. |                      |
| Ingredients: Filtered water, organic soybeans, nigari (a natural coagulant)  |                      |

Products made with tofu that are not easily recognized as meat substitutes cannot credit as meat alternates, even if they meet the minimum protein requirement. These foods do not meet the

## CREDITING TOFU AND TOFU PRODUCTS, continued

customary and usual function of the meat/meat alternates component. Examples include tofu blended into a recipe, e.g., soup, and tofu that does not represent a meat substitute, e.g., tofu noodles. The intent of this requirement is to ensure that schools are offering meat/meat alternates in a form that is recognizable to students. The USDA emphasizes the importance of the nutrition education aspect of school nutrition programs, which includes the goal of helping children easily recognize the key food groups that contribute to a healthy meal.

### RESOURCES

Crediting Foods (CSDE Web Page):

[www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333796](http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333796)

*Food Buying Guide for School Meal Programs:*

[www.fns.usda.gov/tn/food-buying-guide-school-meal-programs](http://www.fns.usda.gov/tn/food-buying-guide-school-meal-programs)

*Menu Planning Guide for School Meals:*

[www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=334320](http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=334320)

*Product Formulation Statements:*

[www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/pfs.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/pfs.pdf)

*Reviewer's Checklist for Evaluating Manufacturer*

*Product Formulation Statements for Meat/Meat Alternates:* [www.fns.usda.gov/sites/default/files/reviewer\\_checklist.pdf](http://www.fns.usda.gov/sites/default/files/reviewer_checklist.pdf)

*Tips for Evaluating a Manufacturer's Product Formulation Statement:*

[www.fns.usda.gov/sites/default/files/cn/manufacturerpfsipsheet.pdf](http://www.fns.usda.gov/sites/default/files/cn/manufacturerpfsipsheet.pdf)

*USDA Sample Product Formulation Statement for*

*Meat/Meat Alternates:* [www.fns.usda.gov/sites/default/files/pfsmma.pdf](http://www.fns.usda.gov/sites/default/files/pfsmma.pdf)



For more information, see the Connecticut State Department of Education's (CSDE) [Menu Planning Guide for School Meals](#) and [Meal Patterns](#) and [Crediting Foods](#) Web pages or contact the [school nutrition programs](#) staff in the CSDE Bureau of Health/Nutrition, Family Services and Adult Education, 25 Industrial Park Road, Middletown, CT 06457.

This handout is available at [www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/credit\\_tofu.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/credit_tofu.pdf).

*In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.*

*Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.*

*To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:*

- (1) mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

*This institution is an equal opportunity provider.*

*The Connecticut State Department of Education is committed to a policy of equal opportunity/affirmative action for all qualified persons. The Connecticut State Department of Education does not discriminate in any employment practice, education program, or educational activity on the basis of race, color, religious creed, sex, age, national origin, ancestry, marital status, sexual orientation, gender identity or expression, disability (including, but not limited to, intellectual disability, past or present history of mental disorder, physical disability or learning disability), genetic information, or any other basis prohibited by Connecticut state and/or federal nondiscrimination laws. The Connecticut State Department of Education does not unlawfully discriminate in employment and licensing against qualified persons with a prior criminal conviction. Inquiries regarding the Department of Education's nondiscrimination policies should be directed to: Lery Gillespie, Equal Employment Opportunity Director/ Americans with Disabilities Act Coordinator, Connecticut State Department of Education, 25 Industrial Park Road, Middletown, CT 06457, 860-807-2071, [Lery.Gillespie@ct.gov](mailto:Lery.Gillespie@ct.gov).*